

SKI

ABSTRACT

A sliding board, such as a ski, with at least one interface element or guide element, connected to the sliding board via fastening elements, for arranging binding elements or the like on the upper side of the sliding board. The sliding board has a single-ply or multi-ply upper and lower skin, a running surface, and if appropriate, steel edges, and a foamed core. The interface element or guide element is arranged in a positionally fixed manner on the sliding board by at least one of the fastening elements and is allowed limited mobility in the longitudinal direction of the sliding board by at least one of the other fastening elements. The at least one fastening element fixing the interface element or guide element in a positionally fixed manner is advantageously integrated into the foam during foaming of the core and hardening of the foam.